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# City of Long Beach



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## Parks & Recreation Department



### **LITTLE YOGIS**

**PRE – K, KINDERGARTEN, 1<sup>ST</sup> & 2<sup>ND</sup> GRADE**



**Class description:** A beginner yoga class aimed at introducing yoga to young ones. We unite mind + body by using our imaginations to go on adventures to various places and acting out the poses for the animals and things we encounter. Songs, stories, games, and breathing activities are included. Please bring a mat or towel for your child and dress them in clothes good for bending and stretching.

**About the Instructor:** Jennifer is a *Karma Kids* certified yoga instructor as well as a NYS certified Early Childhood, Elementary, and Students with Disabilities teacher. Before focusing her time to raise her 6 year-old daughter and 3year-old son, she taught 2nd grade and Special Education Support Service for grades K-3. Jennifer has also taught mommy & me gymnastics and preschool ballet. She is passionate about the benefits of yoga for every child!

**Tuesdays 4:30 p.m. – 5:30 p.m.**

**Class is limited to the first 15 participants**

### Schedule of Classes:

***This class will be held at the Long Beach Senior Center – 2<sup>nd</sup> Floor***

	September	October	November
Tuesday	20 – 27	18 – 25	1 – 15 – 22 – 29

**Registration:** Long Beach Recreation Center  
700 Magnolia Blvd.  
(516) 431-3890

**Fee:** \$65 fee for the eight (8) sessions of yoga  
Make checks payable to City of Long Beach.  
Cash, Visa or MasterCard also accepted.

2016 Fall Little Yogis

\*\*Put Telephone # on check

NAME \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_

STREET \_\_\_\_\_ CITY \_\_\_\_\_

PHONE \_\_\_\_\_ E-MAIL \_\_\_\_\_

PARENT NAME \_\_\_\_\_

I understand that payment is non-transferable and non-refundable. Parent Signature \_\_\_\_\_

***For Rec Use Only:***

Receipt # \_\_\_\_\_ Amt Pd. \_\_\_\_\_ Date \_\_\_\_\_ Staff \_\_\_\_\_